

POST-OPERATIVE ORAL SURGERY INSTRUCTIONS

Swelling: To reduce ordinary, immediate post-operative swelling, apply icepack externally over the area where the teeth were extracted. Continue as long as the issued ice pack cools. **Do not replace.**

Bleeding: A certain amount of bleeding is to be expected after tooth extraction. Keep biting with constant pressure on gauze if bleeding persists. Oozing is expected for up to 24 hours, but if brisk bleeding persists, call to report this to the office. Bleeding from an extraction site may also be controlled by biting on a teabag placed over the extraction site.

Pain Medication: Take the prescribed pain medicine at first indication the anesthesia is wearing off. Some "pain killing" drugs may make you sick to your stomach; therefore, try to eat or drink plenty of fluids. If an antibiotic is prescribed, be sure to continue taking the drug until none remains.

Activity: The day of surgery, it is advisable to rest. Activity tends to increase bleeding and pain. It is best to keep your head slightly elevated.

Mouth Rinse: Vigorous mouth washing may stimulate bleeding if clots are not formed. Therefore, **DO NOT RINSE** the mouth and avoid spitting for at least 24 hours following extractions. You may then gently rinse the mouth with a warm salt water solution (one teaspoonful of salt to a glass of warm water) one time each hour you are awake. If bleeding continues, stop all mouth rinsing and follow instructions regarding bleeding above. **DO NOT** use drinking straws or alcohol (including mouthwash) for 24 hours.

Do Not Disturb the Blood Clot: A grayish or yellowish appearance and slight odor does not indicate an infected condition. Keep fingers, toothpicks or other matter that may cause infection, out of the mouth. If you smoke, refrain from smoking for 24-48 hours post-extraction to avoid the possibility of dislodging the clot and forming a dry socket which would require further visits for treatment.

Diet: Take nourishment every few hours for the first three or four days – milk, malted milk, ice cream, soups, broth, fruit juices, eggnog, custard, gelatin, etc. Drink an abundance of water – dehydration enhances the possibility of infection. Avoid carbonated beverages and alcohol for a minimum of 24 hours post-extraction.

Impacted Teeth: The removal of impacted wisdom teeth is quite different from the extraction of erupted teeth. The following conditions may occur, all of which are normal:

- The area operated on **WILL** swell
- The swollen area may become quite large
- Trismus (tightness) of the muscles may cause difficulty in opening the mouth
- You may have a slight earache
- A sore throat may develop
- Numbness about the corner of the mouth on the side from which the tooth was removed may develop. This is called "parasthesia" and is a temporary condition which will usually correct itself in a few days
- Your other teeth possibly will ache temporarily. This we refer to as sympathetic pain and is a temporary condition.
- If the corners of your mouth are stretched they may dry out and crack. Your lips should be kept moist with cream or ointment
- There may be a slight elevation of temperature for 24-48 hours. If temperature continues, notify us.